

Supine Transversus Abdominis Bracing - Hands on Stomach

REPS: 10	HOLD: 10"	DAILY: 2	WEEKLY: 7
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Setup

Begin lying on your back with your knees bent, feet resting on the floor, and your fingers resting on your stomach just above your hip bones.

Movement

Tighten your abdominals, pulling your navel in toward your spine and up. You should feel your muscles contract under your fingers. Hold this position, then relax and repeat.

Tip

Make sure to keep your back flat against the floor and do not hold your breath as you tighten your muscles.

Hooklying Gluteal Sets

REPS: 10

HOLD: 10"

DAILY: 2

WEEKLY: 7



Setup

Begin lying on your back with your knees bent and heels on the floor.

Movement

Tighten your buttock muscles, digging your heels into the floor, then release and repeat.

Tip

Make sure to keep your low back flat on the floor during the exercise.

Supine Single Knee to Chest Stretch

SETS: 2

**HOLD: 30
SECONDS**

DAILY: 2

WEEKLY: 7



Setup

Begin lying on your back with your legs straight.

Movement

Using your hands, slowly pull one knee toward your chest until you feel a gentle stretch in your lower back.

Tip

Make sure to keep your back relaxed and flat on the ground during the stretch.

Supine Lower Trunk Rotation

REPS: 20

DAILY: 2

WEEKLY: 7



Setup

Begin lying on your back with your knees bent and feet resting on the floor.

Movement

Keeping your back flat, slowly rotate your knees down towards the floor until you feel a stretch in your trunk and hold.

Tip

Make sure that your back and shoulders stay in contact with the floor.

Supine March

REPS: 10

SETS: 3

DAILY: 2

WEEKLY: 7



Setup

Begin lying on your back with your arms resting at your sides, your knees bent and your feet flat on the ground.

Movement

Tighten your abdominals and slowly raise one of your legs off the floor, keeping your knee bent. Then return to the starting position and repeat with your other leg.

Tip

Make sure to keep your trunk stiff during the exercise and do not let your low back arch.

Clamshell

REPS: 10

SETS: 3

DAILY: 2

WEEKLY: 7

1



2



Setup

Begin lying on your side with your knees bent and your hips and shoulders stacked.

Movement

Engage your abdominals and raise your top knee up toward the ceiling, then slowly return to the starting position and repeat.

Tip

Make sure to keep your core engaged and do not roll your hips forward or backward during the exercise.

Sit to Stand without Arm Support

SETS: 2

REPS: 10

DAILY: 2

WEEKLY: 7



Setup

Begin by sitting upright on a chair with your feet slightly wider than shoulder width apart.

Movement

Reach out with your arms and lean forward at your hips until your bottom starts to lift off the chair. Move your body into a standing upright position, then reverse the order of your movements to return to the starting position.

Tip

Make sure not to let your knees collapse inward during the exercise.

Supine Dead Bug with Leg Extension

SETS: 3

REPS: 10

DAILY: 2

WEEKLY: 7



Arms dont move

Setup

Begin lying on your back with your knees bent and feet flat on the floor.

Movement

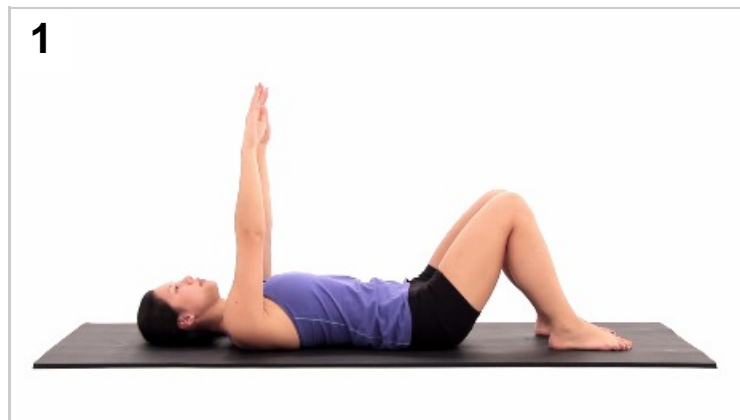
Tighten your abdominals, lift both legs to a 90 degree angle and your arms up toward the ceiling. Slowly lower one arm overhead and you straighten your opposite leg at the same time. Return to the starting position and repeat with your other arm and leg.

Tip

Make sure to keep your abdominals tight and back flat on the floor during the exercise.

Isometric Dead Bug

SETS: 3	REPS: 10	HOLD: 15"	DAILY: 2
WEEKLY: 7			



Setup

Begin lying on your back with your knees bent and feet resting flat on the ground.

Movement

Raise your arms straight toward the ceiling, then lift your knees to a 90-degree angle. Hold this position.

Tip

Make sure to keep your core engaged and continue breathing evenly. Do not let your low back arch during the exercise.

Side Plank with Clam

REPS: 3

HOLD: 10"

DAILY: 2

WEEKLY: 7



Setup

Begin lying on your side with your legs bent at a 90 degree angle and resting on your forearm.

Movement

Tighten your abdominals and lift your hips off the floor into a kneeling side plank position. Lift your top knee, hold briefly, then relax and repeat.

Tip

Make sure your head, hips, and knees are in one straight line and do not let your hips roll backward or forward during the exercise.

Step Up

SETS: 2

REPS: 10

DAILY: 2

WEEKLY: 7



Setup

Begin standing with a small step or platform in front of you.

Movement

Step up onto the platform and lift opposite knee to 90 degree hip flexion, hold x 3 seconds, then Return back down to the starting position by hinging forward at hips, sitting butt back, and allowing your hip/knee bend simultaneously.

Repeat.

Tip

Make sure to maintain good posture during the exercise and do not let your knee dive inward as you lower yourself back down

Bird Dog

REPS: 10

SETS: 3

DAILY: 2

WEEKLY: 7



Setup

Begin on all fours, with your arms positioned directly under your shoulders.

Movement

Straighten one arm and your opposite leg at the same time, until they are parallel to the floor. Hold briefly, then return to the starting position.

Tip

Make sure to keep your abdominals tight and hips level during the exercise.